

# List of All Chemicals

## P Panicum maximum (Poaceae)

Common name(s)

Guinea grass

\*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

Chemical	Plant Part	Low PPM	High PPM	StdDev	*Reference
ASH	Leaf	7100.0	160000.0	0.72	*
CALCIUM	Leaf	7100.0	20900.0	0.17	*
<b>Activities (28)</b>					
AntiPMS 1 g/day					
Antiallergic 500 mg/day					
Antianxiety					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiarrhythmic 500-1,500 mg					
Antiarthritic 1,000 mg/day					
Antiatherosclerotic 500 mg/day					Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Anticlimacteric 1,000-1,500 mg/day					
Antidepressant					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Aluminum)					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidote (Lead)					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihyperkinetic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihypertensive					
Antiinsomniac					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimenopausal 1,000-1,500 mg/day					
Antiobesity					
Antiosteoporotic 500-2,000 mg/day					
Antiperiodontitic 750 mg/day					Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antirheumatic 1,000 mg/day					
Antistress 500-1,500 mg/day					
Antitic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anxiolytic 500-1,500 mg/day					
Calcium-Channel-Blocker					
Diuretic					
Hypocholesterolemic 500 mg/day					Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Hypotensive 1 g/day					Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Laxative 1,000-1,200 mg					
Tranquilizer 500-1,500 mg/day					
Vasodilator					
CARBOHYDRATES	Leaf	672000.0	827000.0	1.71	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
CAROTENE	Leaf	242.0	392.0	-0.46	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
CHLORINE	Leaf	--	5600.0	0.11	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<b>Activities (7)</b>					
Antibacterial					Martindale's 29th
Antiherpetic					Martindale's 29th
Antiseptic					Martindale's 29th
Antiviral					Martindale's 29th
Candidicide					Martindale's 29th
Fungicide					Martindale's 29th
Pesticide					Martindale's 29th
FAT	Leaf	7000.0	32000.0	-0.49	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
FIBER	Leaf	241000.0	421000.0	3.21	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

**Activities (15)**

Angiotensin-Receptor-Blocker	
Antidiabetic	
Antihypertensive	
Antiobesity	
Antitumor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiulcer	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Beta-Blocker	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective	
Diuretic	
Hypocholesterolemic	
Hypotensive 10 g/man/day/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Hypouricemic	
Laxative	
Vasodilator	

HCN Leaf -- -- ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

**Activities (9)**

Antiasthmatic	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
Antidote Ihl (=Amyl Nitrite)	Martindale's 29th
Antitussive	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
Bronchosedative	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
Insecticide	Jacobson, M., Glossary of Plant-Derived Insect Deterrents, CRC Press, Inc., Boca Raton, FL, 213 p, 1990.
Pesticide	
Respirastimulant	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
Rodenticide	Martindale's 29th
Vasomotor-Stimulant	

IODINE Leaf 0.12 0.31 -0.72 ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

**Activities (12)**

Acnegenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antibacterial	
Antigoiter	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiseptic	
Antithyrotoxic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiviral	
Dermatitigenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Fungicide	
Goitrogenic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Hyperthyroid >1 mm/day/diet	
Protisticide	
Thyrotropic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

IRON Leaf -- 525.0 0.41 ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

**Activities (6)**

Antiakathisic	Martindale's 29th
Antianemic	Martindale's 29th
Anticanker	
Anticheilitic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antimenorrhagic 100 mg/day/wmn/orl	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Prooxidant	

MAGNESIUM Leaf -- 4500.0 0.14 ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

**Activities (65)**

AntiCFS
AntiLyme 400-1,000 mg
AntiMS
AntiPMS 400-800

AntiPMS 400-800 mg/day/wmn orl	
AntiRaynaud's 280-350 mg/day	
Antiaggregant 400 mg/day	
Antialcoholic	
Antianginal 400 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antianorectic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antianxiety 400 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiarrhythmic 400 mg/day	
Antiarthritic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiasthmatic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antiatherosclerotic 400 mg/day	
Anticephalagic	
Anticlimacteric 500-750 mg/day	
Anticonvulsant	Facciola, S. 1998. Cornucopia - A Source Book of Edible Plants. Kampong Publications, Vista CA. 713 pp.
Anticoronary 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antidepressant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidiabetic 400-800 mg/man/day	
Antidysmenorrheic 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidometriotic 500 mg/day	
Antienterotic	
Antiepileptic 450 mg/day	
Antifatigue	
Antifibromyalgic 200-300 mg 3x/day	
Antigastrotic	
Antiglaucomic	
Antihyperkinetic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihypertensive	
Antihypoglycemic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiinflammatory 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiinsomniac	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antilithic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimastalgic	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
Antimenopausal 500-750 mg/day	
Antimigraine 200 mg/day/man	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antimitral-valve-prolapse	
Antinephrolytic	
Antineurotic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antiosteoporotic 500-1,000 mg/day/wmn/orl	
Antiplatelet 500-1,000 mg/day	
Antiretinopathic 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antispasmodic	
Antispasmophilic 500 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antistress 500-750 mg/day	
Antistroke 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antisyndrome-X 400 mg/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Anxiolytic 500-750 mg/day	
CNS-Depressant	Facciola, S. 1998. Cornucopia - A Source Book of Edible Plants. Kampong Publications, Vista CA. 713 pp.
Calcium-Antagonist	
Cardioprotective	
Diuretic	
Hypocholesterolemic 400 mg/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Hypotensive 260-500 mg/day	
Immunomodulator	
Insulinogenic 400 mg/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Laxative 300-500 mg/day	
Litholytic	
Myorelaxant 100 mg 4 x/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Neurotransmitter	

Uterorelaxant 100 mg 4 x/day Vasodilator	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
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OXALATES	Leaf	--	15000.0	-0.32	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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PHOSPHORUS	Leaf	--	5600.0	0.12	*
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Activities (4)					
Antiosteoporotic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Anxiolytic					
Immunostimulant					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Osteogenic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

PHYTIC-ACID	Plant	--	--		*
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Activities (9)					
Antiaggregant					Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Anticancer					
Antioxidant					
Antitumor					
Cancer-Preventive					Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Fungicide					
Hypocalcemic Sodium phytate					Merck 11th Edition
Hypocholesterolemic					
Hypolipidemic					

POTASSIUM	Leaf	5900.0	29200.0	-0.05	*
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Activities (14)					
Angiotensin-Receptor-Blocker					
Antiarrhythmic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antidepressant					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antifatigue					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antihypertensive					
Antispasmodic					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antistroke					
Anxiolytic					
Beta-Blocker					
Cardioprotective 3,000-5,000 mg					
Cardiotoxic 18,000 mg/man/day					
Diuretic					
Hypotensive					
Vasodilator					

PROTEIN	Leaf	48000.0	119000.0	-0.93	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
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SODIUM	Leaf	--	4100.0	0.08	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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Activities (1)					
Hypertensive					Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.

SULFUR	Leaf	--	1800.0	-0.71	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
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Activities (14)					
Acarifuge					
Antiacne					Martindale's 29th
Antiarthritic					Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antidandruff					Martindale's 29th
Antigrey					Martindale's 29th
Antiosteoarthritic					Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antiseborrheic					Martindale's 29th
Antiseptic					Martindale's 29th
Come-dogenic					Martindale's 29th
Keratolytic					Martindale's 29th
Laxative					Martindale's 29th

Pesticide  
Scabicide Martindale's 29th

TOCOPHEROL Leaf 230.0 345.0 -0.31 ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

### Activities (93)

5-HETE-Inhibitor  
Allergenic  
Analgesic 100 IU 3 x day Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.  
AntiMD  
AntiMS  
AntiPMS 300 IU 2 x day  
Antiaggregant Martindale's 28th  
Antianging Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95  
Antialzheimeran 2,000 IU Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95  
Antianginal 1,067 mg/man/day  
Antiartherosclerotic  
Antiarthritic  
Antiatherosclerotic Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).  
Antibronchitic  
Anticancer (Breast) IC50=125 ug/ml  
Anticariogenic  
Anticataract  
Antichorea  
Antichoreic  
Anticonvulsant  
Anticoronary 100-200 IU/day  
Antidecubic Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.  
Antidementia  
Antidermatitic  
Antidiabetic 600-1,200 mg/day  
Antidysmenorrhoeic Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.  
Antiepitheleomic  
Antifibrositic Martindale's 28th  
Antiglycosation Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95  
Antiherpetic Martindale's 28th  
Antiinfertility  
Antiinflammatory  
Antiischemic  
Antileukemic 100-250 uM  
Antileukotriene Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).  
Antilithic 600 mg/day Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.  
Antilupus  
Antimaculitic  
Antimastalgic Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.  
Antimelanomic  
Antimyoclonic Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).  
Antineuritic Martindale's 29th  
Antineuropathic  
Antinitrosaminic  
Antiphthalmic  
Antiosteoarthritis Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.  
Antioxidant IC50=30 ug/ml  
Antioxidant IC95=650 uM  
Antioxidant IC36=10 uM  
Antiparkinsonian  
Antiproliferant IC50=150 ug/ml  
Antiradicular Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).  
Antiretinopathic? Martindale's 29th  
Antirheumatic  
Antisenility  
Antisickling Martindale's 28th  
Antispasmodic 300 mg/man/day Martindale's 28th

Antistroke	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antisunburn	
Antisyndrome-X	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antithalassemic	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Antithrombotic 600 IU/day	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Antithromboxane-B2	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitoxemic	
Antitumor 7 uM ckn	Hagerman, A.E. Tannin-Protein Interactions. Phenolic Compounds in Food and Their Effects on Health, Ch.19.
Antitumor (Breast) IC50=125 ug/ml	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Antitumor (Breast) 100-250 uM	
Antitumor (Colorectal) 500-10,000 uM	
Antitumor (Prostate) 100-250 uM	
Antitumor (Stomach)	
Antiulcerogenic 67 mg/man/3 x/day/orl	
Apoptotic 100-250 uM	
Calcium-Antagonist	
Cancer-Preventive	Stitt, P. A. Why George Should Eat Broccoli. Dougherty Co, Milwaukee, WI, 1990, 399 pp.
Cardioprotective	
Cerebroprotective	Huang, K. C. 1993. The Pharmacology of Chinese Herbs. CRC Press, Boca Raton, FL 388 pp.
Circulatory-Stimulant	Davies, S., and Stewart, A. 1990. Nutritional Medicine. Avon Books, New York. 509pp.
Circulotonic	
Hepatoprotective	
Hypocholesterolemic 100-450 IU/man/day	
Hypoglycemic 600 IU/man/day	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95
Immunomodulator	
Immunostimulant 60-800 IU	
Insulin-Sparing 1,000 IU	Werbach, M. 1993. Healing with Food. Harper Collins, New York, 443 pp.
Lipoxygenase-Inhibitor	Pizzorno, J.E. and Murray, M.T. 1985. A Textbook of Natural Medicine. John Bastyr College Publications, Seattle, Washington (Looseleaf).
NO-Inhibitor	
Ornithine-Decarboxylase-Inhibitor 400 mg/kg	
P21-Inducer 500-10,000 uM	
Phospholipase-A2-Inhibitor	
Protein-Kinase-C-Inhibitor 10-50 uM	
Protein-Kinase-C-Inhibitor IC50=450 uM	
Vasodilator	Challem, J., Berkson, Burt, and Smith, Melissa Dianne. 2000. Syndrome X - The complete nutritional program to prevent and reserve insulin resistance. John Wiley & Sons, New York. 272 pp. \$24.95